

GRADE LEVEL CONTENT EXPECTATIONS

5 PE

v.09.07

MOTOR SKILLS
AND MOVEMENT
PATTERNS

CONTENT
KNOWLEDGE

FITNESS AND
PHYSICAL
ACTIVITY

PERSONAL AND
SOCIAL
BEHAVIORS AND
VALUES

Welcome to Michigan's K-8 Grade Level Content Expectations

Movement is critical to all aspects of a child's growth and development. Physical education provides unique learning opportunities for students in kindergarten through grade 12 to acquire knowledge, skills, fitness, and attitudes to enhance their quality of life through physical activity.

Physical education is an integral component of the education process. Researchers have shown that students who participate in regular physical education will enjoy enhanced memory and learning, better concentration, and increased problem-solving abilities. Regular physical education encourages a positive attitude towards self and others, which is an important factor in creating a healthy learning environment.

Quality physical education programs provide the foundation for healthy, active lifestyles that support all learning and help ensure success in future pursuits. Statistics related to chronic disease, disability and death, health care costs, and quality of life issues clearly illustrate that there are severe problems associated with attending to the intellectual but not the physical being.

A physically educated person who participates in health-enhancing physical activity:

- demonstrates competence in selected motor skills.
- assesses, achieves, and maintains physical fitness.
- applies cognitive concepts in making wise lifestyle choices.
- exhibits appropriate personal/social character traits while participating in physical activity.



A comprehensive physical education curriculum should be based on the state's K-12 Physical Education Content Standards and Benchmarks.* It should be sequential and developmentally appropriate. Outcomes for each grade level should be identified and assessed.

Based on the Michigan State Board of Education Policy on Quality Physical Education, adopted September 25, 2003, a quality physical education program addresses three critical issues: curriculum, instruction and assessment, in conjunction with an opportunity to learn and should include the following:

Curriculum

- Is aligned with the Michigan K-12 Physical Education Content Standards and Benchmarks.
- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

Instruction and Assessment

- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Aligns curriculum, instruction, and assessment.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Keeps all students involved in purposeful activity for a majority of the class period.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities and skill levels.

Opportunity to Learn

- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high schools).
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Provides facilities to implement the curriculum for the number of students served.
- Maintains and has enough functional equipment for each student to actively participate.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities and skill levels.

*Physical education classes are not to be and should not be used as an arena for interscholastic practices. This is not only unethical, but also does not give credibility to the purposes and goals of the physical education curriculum.

Overview of the Content Expectations

The K-8 Physical Education Grade Level Content Expectations reflect best practices and current research in the teaching and learning of physical education. They build from the Michigan K-12 Physical Education Content Standards and Benchmarks (2007) and the State Board of Education's Policy on Quality Physical Education (2003). These content expectations represent a vision for a relevant physical education curriculum that addresses critical physical education knowledge, skills, fitness, and attitudes for successfully maintaining a physically-active lifestyle during a child's school years and beyond. They specify what a student should know and be able to do at the end of each grade.

Michigan Physical Education Content Standards (2007)

A physically educated person:

- | | |
|---|--|
| 1. Motor Skills | demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. |
| 2. Cognitive Concepts | demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities. |
| 3. Motor Skills | participates regularly in lifelong physical activity. |
| 4. Physical Fitness | achieves and maintains a health-enhancing level of physical fitness. |
| 5. Personal and Social Character Traits | exhibits responsible personal and social behavior that respects self and others in physical activity settings. |
| 6. Personal and Social Character Traits | values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. |

Please note that, while all the Content Standards are addressed in these K-8 Physical Education Grade Level Content Expectations as a whole, not all standards will be addressed in each strand.

Understanding the Organizational Structure

The expectations in this document are divided into strands with multiple domains within each, as shown on the next page. The skills and content addressed in these expectations will, in practice, be woven together into a coherent Physical Education curriculum. Beyond the Physical Education curriculum, students will use the skills and processes to support learning in all content areas.

To allow for ease in referencing expectations, each expectation has been coded with a strand, domain, grade-level, and expectation number. For example, M.MC.01.01 indicates:

- M** - Motor Skills and Movement Patterns Strand
- MC** - Movement Concepts Domain
- 01** - First Grade Expectation
- 01** - First Expectation in the Grade-Level Motor Skills Domain

Strand 1 Motor Skills and Movement Patterns (M)	Strand 2 Content Knowledge (K)	Strand 3 Fitness and Physical Activity (A)	Strand 4 Personal/Social Behaviors and Values (B)
Domains			
<ul style="list-style-type: none"> - Movement Concepts (MC) <ul style="list-style-type: none"> • Space Awareness • Effort • Relationships - Motor Skills (MS) <ul style="list-style-type: none"> • Non-Manipulative • Locomotor • Manipulative - Aquatics (AQ) - Outdoor Pursuits (OP) - Target Games (TG) - Invasion Games (IG) - Net/Wall Games (NG) - Striking/Fielding Games (SG) - Rhythmic Activities (RA) 	<ul style="list-style-type: none"> - Feedback (FB) - Movement Concepts (MC) <ul style="list-style-type: none"> • Space Awareness • Effort • Relationships - Motor Skills (MS) <ul style="list-style-type: none"> • Non-Manipulative • Locomotor • Manipulative - Aquatics (AQ) - Outdoor Pursuits (OP) - Target Games (TG) - Invasion Games (IG) - Net/Wall Games (NG) - Striking/Fielding Games (SG) - Rhythmic Activities (RA) - Health-Related Fitness (HR) - Physical Activity and Nutrition (AN) - Personal/Social Behaviors (PS) - Regular Participation (RP) - Social Benefits (SB) - Individual Differences (ID) - Feelings (FE) 	<ul style="list-style-type: none"> - Participation During Physical Education (PE) - Participation Outside of Physical Education (PA) - Health-Related Fitness (HR) - Physical Activity and Nutrition (AN) 	<ul style="list-style-type: none"> - Feedback (FB) - Personal/Social Behaviors (PS) - Regular Participation (RP) - Social Benefits (SB) - Individual Differences (ID) - Feelings (FE)
It is the expectation that students utilize internal and external feedback to improve performance across all of the domain strands.			

**MOTOR SKILLS
AND
MOVEMENT
PATTERNS**

Movement Concepts

Space Awareness

Students will...

M.MC.05.01 demonstrate mature form and function of all space awareness movement concepts for location, such as self-space, personal space, and general space with mature forms of non-manipulative, locomotor, and selected manipulative skills (roll, underhand throw, overhand throw) in controlled settings.

M.MC.05.02 demonstrate mature form and function of all space awareness movement concepts for directions, such as up/down, forward/backward, right/left, and clockwise/counterclockwise with mature forms of selected fundamental motor skills in controlled settings.

M.MC.05.03 demonstrate mature form and function of all space awareness movement concepts for levels, such as low, medium, and high with mature forms of selected fundamental motor skills in controlled settings.

M.MC.05.04 demonstrate mature form and function of all space awareness movement concepts for pathways, such as straight, curved, and zigzag with mature forms of selected fundamental motor skills in controlled settings.

M.MC.05.05 demonstrate mature form and function of all space awareness movement concepts for extensions, such as large/small and far/near with mature forms of selected fundamental motor skills in controlled settings.

Effort

Students will...

M.MC.05.06 demonstrate mature form and function of all effort movement concepts for time, such as fast/slow and sudden/sustained with mature forms of fundamental motor skills in controlled settings.

M.MC.05.07 demonstrate mature form and function of all effort movement concepts for force, such as strong and light with mature forms of selected fundamental motor skills in controlled settings.

M.MC.05.08 demonstrate mature form and function of all effort movement concepts for flow, such as bound and free with mature forms of selected fundamental motor skills in controlled settings.

Relationships

Students will...

M.MC.05.09 demonstrate mature form and function of all relationship movement concepts of body parts, such as round, narrow, wide, twisted, symmetrical, and nonsymmetrical with mature forms of selected fundamental motor skills in controlled settings.

M.MC.05.10 demonstrate mature form and function of all relationship movement concepts of objects and/or people, such as over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside with mature forms of selected fundamental motor skills in controlled settings.

M.MC.05.11 demonstrate mature form and function of all relationship movement concepts with people, such as leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups with mature forms of selected fundamental motor skills in controlled settings.

Motor Skills

Non-Manipulative

Students will...

M.MS.05.01 demonstrate all elements of the mature form of non-manipulative skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in controlled settings.

Locomotor

Students will...

M.MS.05.02 demonstrate all elements of the mature form of locomotor skills of walk, run, leap, jump, slide, gallop, hop, skip, flee, and dodge using movement concepts in controlled settings.

Manipulative

Students will...

M.MS.05.03 demonstrate all elements of the mature form of the manipulative skills of roll, underhand throw, and overhand throw using selected movement concepts in controlled settings.

M.MS.05.04 demonstrate all elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and an implement in isolated settings.

M.MS.05.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in isolated settings.

M.MS.05.06 perform a three-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) with flow in a controlled setting.

***Aquatics**

Students will...

M.AQ.05.01 demonstrate all elements of mature form for the basic aquatic skills of front float, back float, and recovery in isolation.

M.AQ.05.02 demonstrate all elements of safe water entry and exit, independently, by jumping or stepping from the side safely in isolation.

M.AQ.05.03 demonstrate above water arm recovery and continuous kick with face in the water, breathing consistently to the side to swim 15 yards in the water in isolation.

M.AQ.05.04 demonstrate locomotion, in a supine position, using rudimentary body roll, above water arm recovery, arms enter at or above shoulder level with continuous kick 15 yards in the water in isolation.

M.AQ.05.06 demonstrate capacity to jump or step from the side while wearing a life jacket, demonstrate HELP and Huddle positions for one minute, and locomote to a position of safety.

*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.

Outdoor Pursuits

Students will...

M.OP.05.02 demonstrate selected elements of mature form in balancing, turning, swinging, pushing, pulling, throwing, manipulation, or appropriate motor skills when using equipment and/or accessories related to land or water-based outdoor pursuits in isolated settings.

M.OP.05.03 demonstrate the ability to select clothing and/or equipment appropriate to selected outdoor pursuits and outdoor conditions in controlled settings.

Target Games

Students will...

M.TG.05.01 demonstrate selected use of tactical problems, such as accuracy in distance and direction during modified, unopposed target games.

Invasion Games

Students will...

M.IG.05.01 demonstrate selected use of tactical problems for both on-the-ball and off-the-ball movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).

CONTENT KNOWLEDGE	Net/Wall Games <i>Students will...</i> M.NG.05.01 demonstrate selected use of tactical problems, such as maintaining a rally, setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.
	Striking/Fielding Games <i>Students will...</i> M.SG.05.01 demonstrate selected use of tactical problems, such as on-the-object problems of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object, stationary object, 5 vs. 5, etc.).
	Rhythmic Activities <i>Students will...</i> M.RA.05.01 demonstrate complex rhythmic patterns traveling along a specified pathway (e.g., circle, zigzag, straight line).
	Feedback <i>Students will...</i> K.FB.05.01 distinguish how internal (prior knowledge) and external feedback improves motor skills and movement patterns, fitness, and physical activities in isolated settings.
	Movement Concepts <i>Students will...</i> K.MC.05.01 apply knowledge of critical elements of movement concepts while performing non-manipulative, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhand throw) in controlled settings. K.MC.05.03 apply knowledge of mature form and function of all space awareness movement concepts for levels, such as low, medium, and high with mature forms of selected fundamental motor skills in controlled settings. K.MC.05.05 apply knowledge of critical elements of movement concepts while performing non-manipulative, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhand throw) in controlled settings.
	Motor Skills Movement Concepts <i>Students will...</i> K.MS.05.01 apply knowledge of the selected critical elements of movement concepts while performing non-manipulative skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in controlled settings.

Locomotor

Students will...

K.MS.05.02 apply knowledge of the critical elements of movement concepts while performing locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, chase, flee, and dodge in controlled settings.

Manipulative

Students will...

K.MS.05.03 apply knowledge of the critical elements of movement concepts while performing the following manipulative skills: roll, underhand throw, and overhand throw in controlled settings.

K.MS.05.04 apply knowledge of the critical elements of movement concepts while performing selected manipulative skills: catch, kick, foot dribble, strike with an implement and with the hand, chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in controlled settings.

K.MS.05.05 apply knowledge of movement concepts and skills to design a three-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) with flow in controlled settings.

***Aquatics**

Students will...

K.AQ.05.01 distinguish between the critical elements of selected aquatic skills: front float, back float, and recovery.

K.AQ.05.02 distinguish between all critical elements of safe water entry and exit (e.g., ladder, jump, ramp, climbing, diving, etc.).

K.AQ.05.03 distinguish between all critical elements of basic selected aquatic safety rules (e.g., swim with a buddy, wear a life jacket, reach or throw don't go, follow the rules, swim with supervision, boating safety, H.E.L.P., Huddle, etc.).

K.AQ.05.04 distinguish between all critical elements of how to use a life jacket (e.g., proper fit, take on and off, secure clasps, when to use, how to put on when a boat is sinking, etc.).

K.AQ.05.05 distinguish between all critical elements of how to get help in simulated emergency practice.

*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.

Outdoor Pursuits

Students will...

K.OP.05.01 apply knowledge of aspects of the seven principles of Leave No Trace (PEAK version) in controlled settings.

K.OP.05.02 identify the nomenclatures of equipment and/or accessories associated with selected outdoor pursuits in controlled settings.

K.OP.05.03 describe the function of clothing, equipment, and/or accessories associated with selected outdoor pursuits.

K.OP.05.04 describe selected safety features of land or water-based outdoor pursuits.

K.OP.05.06 identify governmental, non-profit, and/or private areas used for outdoor pursuits.

K.OP.05.07 distinguish between appropriate and inappropriate resource-related behaviors in selected land or water-based outdoor pursuits.

K.OP.05.08 identify several key behaviors which exemplify safe outdoor practices and/or decision-making skills.

Target Games

Students will...

K.TG.05.01 identify tactical problems, such as accuracy in distance and direction, during modified, unopposed target games.

Invasion Games

Students will...

K.IG.05.01 identify use of tactical problems for both on-the-ball and off-the-ball movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).

Net/Wall Games

Students will...

K.NG.05.01 identify tactical problems, such as maintaining a rally, setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.

Striking/Fielding Games

Students will...

K.SG.05.01 use tactical problems, such as on-the-object problems of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object, 5 vs. 5, etc.).

Rhythmic Activities

Students will...

K.RA.05.01 integrate basic rhythmic formations, positions, and steps into a rhythmic activity.

Participation Inside/Outside of Physical Education

Students will...

K.PA.05.01 explain the effects and benefits of physical activity.

Health-Related Fitness

Students will...

K.HR.05.02 predict their own results for the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test, etc.).

K.HR.05.03 predict their own results for the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang, etc.).

K.HR.05.04 predict their own results for the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach, Shoulder Stretch, etc.).

K.HR.05.05 predict their own results for the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).

Physical Activity and Nutrition

Students will...

K.AN.05.01 describe effects that physical activity and nutrition have on the body (e.g., food as fuel, helps build and maintain bones, muscles, and joints, reduces feelings of depression and anxiety, reduces risk of some chronic diseases, provides nutrients vital for health and maintenance of body, reduces the risk of low bone mass, etc.).

K.AN.05.02 measure the physiological indicators associated with moderate to vigorous physical activity (e.g., sweating, increased heart rate, increased respiration, palpating pulse) and adjust participation/effort in controlled settings.

K.AN.05.03 evaluate how supporting their own body weight, while participating in activities, improves physical fitness.

K.AN.05.04 evaluate how non-manipulative activities promote healthy joint flexibility.

Personal/Social Behaviors

Students will...

K.PS.05.01 distinguish between key behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in controlled settings.

K.PS.05.02 distinguish between key behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in controlled settings.

Regular Participation

Students will...

K.RP.05.01 identify positive feelings associated with regular participation in physical activities in controlled settings.

K.RP.05.02 describe the need to practice skills for which improvement is needed in controlled settings.

Social Benefits

Students will...

K.SB.05.01 identify benefits of social interaction as part of participation in physical activities in controlled settings.

Individual Differences

Students will...

K.ID.05.01 choose to participate with students of varying skill and fitness levels in dynamic settings.

K.ID.05.02 identify differences between idealized body images and elite performances portrayed by the media and their own personal characteristics and skills.

K.ID.05.03 choose to participate with students of varying skill and fitness levels in controlled settings.

Feelings

Students will...

K.FE.05.01 identify emotions related to how individuals feel while regularly participating in physical activity.

FITNESS AND PHYSICAL ACTIVITY

Participation During Physical Education

Students will...

A.PE.05.01 participate in physical activities that are vigorous in intensity level (i.e., a minimum of 60% of class time sustaining a minimum of 70% of target heart rate) in physical education, including: locomotor activities, activities inclusive of manipulative skills, dodging, chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills.

Participation Outside of Physical Education

Students will...

A.PA.05.01 participate in physical activities that are vigorous in intensity level (i.e., a minimum of 60 minutes per day for 7 days a week while maintaining 70% of target heart rate) outside of physical education, including: locomotor activities, activities inclusive of manipulative skills, dodging, chasing, and fleeing activities, modified games that include combinations of locomotor and manipulative skills, and daily non-structured and minimally organized physical activities outside of physical education.

Health-Related Fitness

Students will...

A.HR.05.02 meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test, etc.).

A.HR.05.03 meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang, etc.).

A.HR.05.04 meet the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach, Shoulder Stretch, etc.).

A.HR.05.05 meet the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing, etc.).

Physical Activity and Nutrition

Students will...

A.AN.05.01 describe effects that physical activity and nutrition have on the body (e.g., food as fuel, helps build and maintain bones, muscles, and joints, reduces feelings of depression and anxiety, reduces risk of some chronic diseases, provides nutrients vital for health and maintenance of body, reduces the risk of low bone mass, etc.).

A.AN.05.02 utilize physiological indicators associated with moderate to vigorous physical activity (e.g., sweating, increased heart rate, increased respiration, palpating pulse) to adjust participation/effort in controlled settings.

A.AN.05.03 support their own body weight while participating in activities that improve physical fitness.

A.AN.05.04 participate in non-manipulative activities that promote healthy joint flexibility.

**PERSONAL/
SOCIAL
BEHAVIORS
AND VALUES**

Feedback

Students will...

B.FB.05.01 distinguish how internal (prior knowledge) and external feedback can be used to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.

Personal/Social Behaviors

Students will...

B.PS.05.01 exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in controlled settings.

B.PS.05.02 exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in controlled settings.

Regular Participation

Students will...

B.RP.05.01 identify positive feelings associated with regular participation in physical activities in controlled settings.

B.RP.05.02 choose to practice skills for which improvement is needed in controlled settings.

Social Benefits

Students will...

B.SB.05.01 identify benefits of social interaction as part of participation in physical activities in controlled settings.

Individual Differences

Students will...

B.ID.05.01 participate with students of varying skill and fitness levels in controlled settings.

B.ID.05.02 identify differences between idealized body images and elite performances portrayed by the media and their own personal characteristics and skills in controlled settings.

B.ID.05.03 participate with students of varying skill and fitness levels in controlled settings.

Feelings

Students will...

B.FE.05.01 identify emotions related to how individuals feel while regularly participating in physical activity in controlled settings.

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